



CHOWDER FANS will be delighted with the suggestions offered here for those hearty soups which fall into main dish category. Pictured is a seafood dish enlivened with an extra dash of flavor.

## Hearty Chowders Are Pantry Shelf Dishes

The ingredients are as near as your pantry shelf, or, at most, the corner grocery, for these easy-to-prepare, speedy chowders.

They are hearty enough for a Friday night dinner with only the addition of a salad and dessert of your choice.

Choose from canned or frozen items and allow about a half an hour of your time from can opener to the table.

Fill the steaming bowls, ring the dinner bell and watch the family approach the table with zest.

**SEAFOOD CHOWDER**  
1 tbs. frozen chopped chives  
2 cans (8 oz. each) tomato sauce  
2 cans (10½ oz. each) split pea or green pea soup  
2 soup cans water  
½ lb. cooked shrimp, lobster or crab  
Salt and pepper to taste  
3 tbs. sherry  
Assorted condiments

Combine chives with tomato sauce, pea soup, and water; heat to boiling, stirring occasionally. Add seafood of choice, salt, pepper, and sherry.

Simmer until heated thoroughly. Pour into soupureen. Serve with condiments such as additional chives, grated sharp Cheddar cheese and croutons.

**SUCCATASH CHOWDER**  
2 tbs. butter  
½ cup chopped onion  
2 frankfurters, thickly sliced  
1 pkg. (10 oz.) frozen lima beans  
1 pkg. (10 oz.) frozen whole kernel corn  
1½ cups water  
1 tsp. salt  
½ tsp. pepper  
2 tbs. flour  
1 tall can evaporated milk

Melt butter in large saucepan. Add onion and frankfurters and cook over low heat until onion is tender. Add beans and corn. Add water and bring to boil. Cover saucepan and cook over low heat for 10 minutes or until vegetables break apart.

Mix salt, pepper, and flour together in small bowl. Slowly add milk, stirring to keep smooth. Add milk mixture to vegetables.

Cook over low heat until hot and thickened, stirring occasionally — about 10 minutes. Do not boil. Serve immediately.

**SALMON CHOWDER**  
1 can (1 lb.) salmon  
1 chicken bouillon cube  
1 cup boiling water  
¼ cup chopped onion  
¼ cup chopped green pepper  
1 clove garlic, finely chopped  
¼ cup butter, melted  
½ cup salmon liquid  
1 can (1 lb.) tomatoes  
1 can (8 oz.) whole kernel corn  
1 cup sliced okra  
½ tsp salt  
¼ tsp. thyme  
Dash pepper  
1 whole bay leaf

Drain salmon, reserving liquid. Break salmon into large pieces. Dissolve bouillon cube in boiling water.

Cook onion green pepper, and garlic in butter until tender. Combine all ingredients and cook for 15 minutes or until vegetables are tender. Remove bay leaf. Serve at once.

### Rules for Meat Storage Are Listed

Keep it cool; keep it clean; keep it covered. These are simple rules for the handling and storage of meat to insure wholesome food with top flavor.

When you shop, be alert to packaging conditions. Reject a package that is broken or excessively wet. Discard rigid packages that are bulged and under tension. Avoid exposing meat packages to warm air.

Refrigerate meat products properly when you get them home. When bacteriologists say that "life begins at forty", they're talking about 40 degrees and bacterial life.

It has been proved that meat held at 40 degrees will keep twice as long as meat held at 50 degrees. Meat held at 32 degrees will keep four times as long as meat held at 40 degrees.

Place meat properly in meat compartment of refrigerator. Fresh meats which are wrapped in market paper should be unwrapped and covered loosely before refrigerating.

Fresh prepackaged meats should be stored in the original wrapper. Fully cooked vacuum-sealed meats should be stored in their unopened packages. Follow storage directions on label of canned products. Smoked meats should be handled as carefully as fresh meats.

Use ground meats within two days of purchase or freeze immediately for later use. Use fresh meat cuts and fresh sausage within two or three days of purchase.

Ready-to-eat sausages, luncheon meats and smoked meats such as ham and bacon should be used within a week.

America's food processors, shippers and retailers exercise care and diligence in providing the nation with bountiful supply of nourishing food. Homemakers, too, have a responsibility to protect this quality.



FOR AN ELEGANT after-the-theater snack try Swiss Cheese Fondue with Tater Tot dippers. For added flavor the dippers can be given a sprinkling of nutmeg.

### Chili Is for Chilly Days

California Chili is just what the doctor ordered for chilly days. A zesty chili-beef mixture is topped with avocado crescent and slices of American cheese.

Then the mixture is put under the broiler briefly.

**CALIFORNIA CHILI**  
1 or 2 tbs. oil  
1½ lbs. ground beef chuck  
½ tsp. garlic powder  
1½ tsp. salt  
1 red onion, sliced  
1½ tbs. chili powder  
¼ cup red table wine  
r water  
1 can (15 oz.) Spanish style tomato sauce  
¼ tsp. oregano  
1 can (15 oz.) kidney beans, undrained  
2 avocados  
1 or 2 tbs. vinegar  
Tabasco  
6 slices American cheese

Heat oil in large skillet; add meat, garlic powder, and salt. Brown meat, stirring occa-

sionally. Stir in onion; cook 2 minutes.

Spoon off excess fat. Mix chili powder with wine; stir in meat mixture with tomato sauce, oregano, and beans. Cover and simmer ¼ hour.

Slice avocado lengthwise into halves; remove seeds and skin. Slice fruit crosswise into crescents; sprinkle with vinegar and Tabasco.

Turn chili mixture into heat-proof serving dish; arrange avocado slices on top. Place cheese slices over avocado.

Run under broiler about 2 minutes—just long enough to melt cheese. Serve hot.

### TAKE A DIP

## Sneak a Snack with Golden Tater Tots

Fondue is a very versatile food for home entertaining; it is as much at home in the backyard buffet as it is for a quiet after-theater snack.

The delicate onion flavor of Tater Tots adds a flavor accent to the cheese fondue. When served piping hot, "the tots" as dippers take on a generous coating of the rich cheese.

These potatoes can be kept frozen. Then while you are heating up the fondue, pour these puffy potato rounds on a cookie sheet to bake.

When the fondue is ready to serve, your Tater Tots will be a crisp golden brown.

Serve with your favorite beverage.

Melt butter and blend in flour, salt, and garlic salt. Add milk and cook, stirring constantly, until mixture thickens.

Add cheese and wine. Stir until cheese melts. Pour into fondue pot or chafing dish and keep hot. Just before serving, blend in Kirsch.

Bake Tater Tots according to package directions, sprinkling them with salt and nutmeg just before serving.

### FONDUE AND DIPPERS

2 tbs. butter  
2 tbs. flour  
½ tsp. salt  
¼ tsp. garlic salt  
1½ cups milk  
1 lb. process Swiss cheese, shredded  
¼ cup dry white wine  
2 tbs. Kirsch  
1 pkg. (16 oz.) Ore-Ida frozen Tater Tots  
½ tsp. salt  
½ tsp. nutmeg

### Efficiency Broiling

Before you start cooking in the broiler, home economists with the Gas Appliance Manufacturers Association suggest you remove the broiler pan and grid, then turn on the gas flame. Arrange food on the cold, ungreased broiler grid, then slide under the gas flame and set the timer.

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### Savory Snacks

Trim crusts from 4 slices bread and cut in half. Spread with deviled ham and sprinkle with nutmeg and curry powder. Place slice of cheese on top of deviled ham and top with pineapple spear.

Sprinkle with paprika and bake at 400 degrees for 5 minutes.

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